

Ab Crunch

Assembly Instructions



LifeFitness

Ab Crunch

Assembly Instructions

Item	Qty	Description	Part Number
1	1	Front Brace	80225XX
2	1	Rear Brace	79895XX
3	1	Tower	79854XX
4	4	M10 x 130mm Bolt	3251720
5	49	3/8" Flat Washer	3102514
6	18	M10 Nylock Nut	3242002
7	1	Top Brace	80226XX
8	2	M10 x 70mm Bolt	3251711
9	1	Seat Frame	80224XX
10	6	M10 x 90mm Bolt	3251715
11	1	4.5" O.D. Pulley	3237801
12	1	Output Cam	80143XX
13	1	Output Plate	80141XX
14	2	M10 x 50mm Bolt	3251707
15	1	Front Shroud	8024701
16	1	Rear Shroud	8024801
17	4	M10 x 20mm Bolt	3251701
18	3	M10 x 25mm Bolt	3251702
19	1	Plate	7322301
20	1	Seat Pad	72972XX
21	1	Lumbar Pad	75445XX
22	3	M10 x 35mm Bolt	3251704

Item	Qty	Description	Part Number
23	1	Back Pad	74221XX
24	2	Strap Catch	79904XX
25	4	M10 x 40mm Bolt	3251705
26	2	V-Groove Pulley	7616601
27	2	Cable Ball Stop	7746201
28	2	Pulley Plate	79897XX
29	4	M10 x 75mm Bolt	3251712
30	2	Handle	8023601
31	1	Handle Cable	8022901
32	2	Cable End Link	7731001
33	2	Dowel Pin	3250101
34	2	Cable End Housing	7731101
35	4	M5 x 08mm Soc Screw	3250002
36	1	Pulley Bracket	80227XX
37	1	Cable	8022801
38	1	M10 Hex Jam Nut	3236901
39	1	Rod End Bearing	3237901
40	1	Spacer	7489402
41	2	Foot Leveler Shim	7893101
42	3	7/16" Hole Plug	3237401
43	2	1" Hole Plug	3237403
44	1	Multi Language Label	8047101

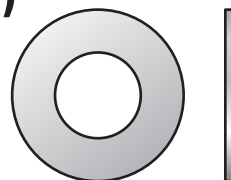
Tools Required:

- 17mm Wrench
- Metric Allen Wrench Set
- Ratchet with 17mm Socket
- Rubber Mallet
- Ratchet Extension

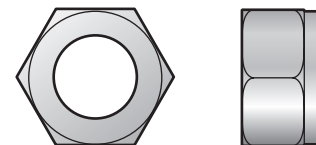
4)



5)



6)



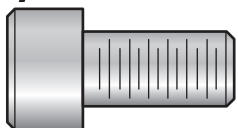
8)



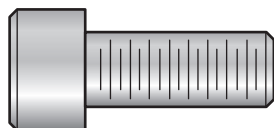
10)



17)



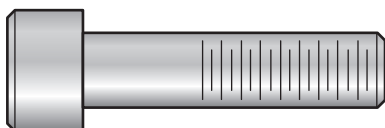
18)



22)



25)



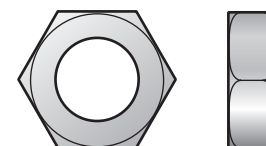
29)



35)



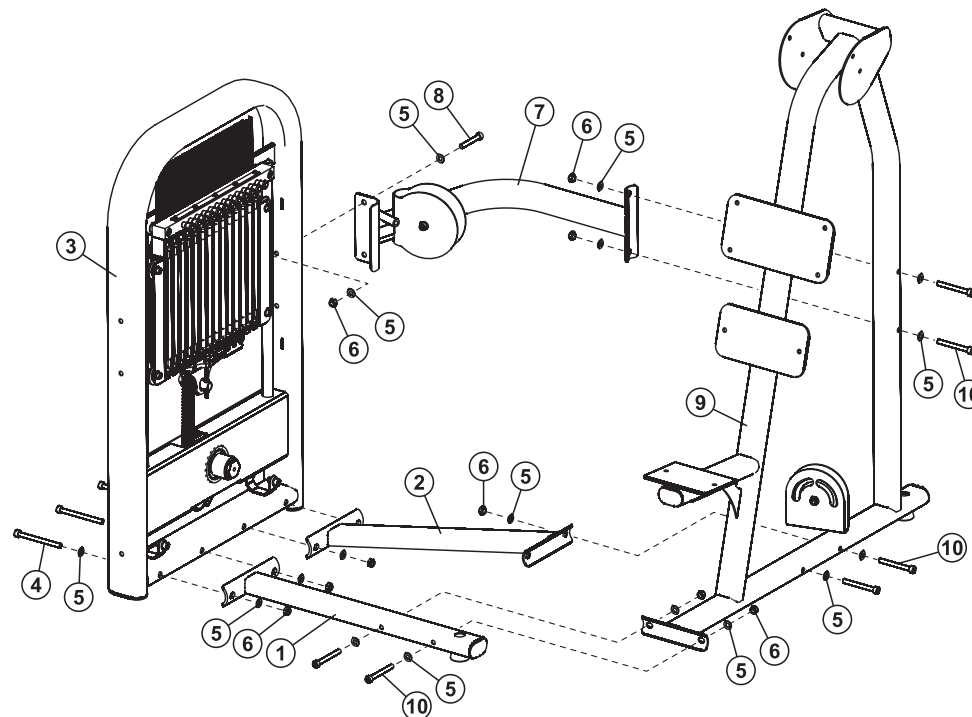
38)



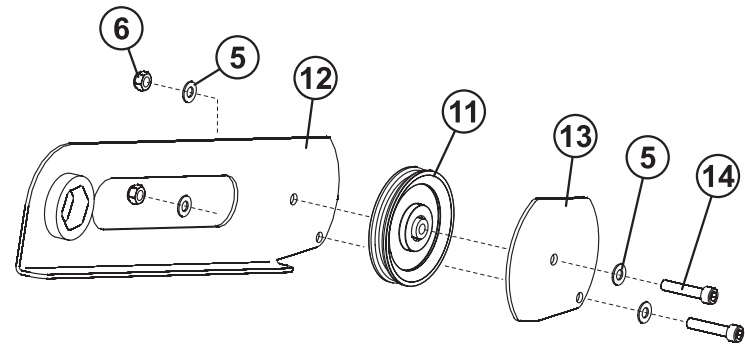
Ab Crunch

Assembly Instructions

1. LOOSELY assemble the FRONT BRACE (1) and REAR BRACE (2) to the TOWER (3) using four M10 X 130mm BOLTS (4), eight 3/8" SAE WASHERS (5) and four M10 NYLOCK NUTS (6) as shown.
2. LOOSELY assemble the TOP BRACE (7) to the TOWER (1) using two M10 X 70mm BOLTS (8), four 3/8" SAE WASHERS (5) and two M10 NYLOCK NUTS (6) as shown.
3. Assemble the SEAT FRAME (9) to the FRONT BRACE (1), REAR BRACE (2) and TOP BRACE (7) using six M10 X 90mm BOLTS (10), twelve 3/8" SAE WASHERS (5) and six M10 NYLOCK NUTS (6) as shown.
4. Tighten all BOLTS and NUTS securely.

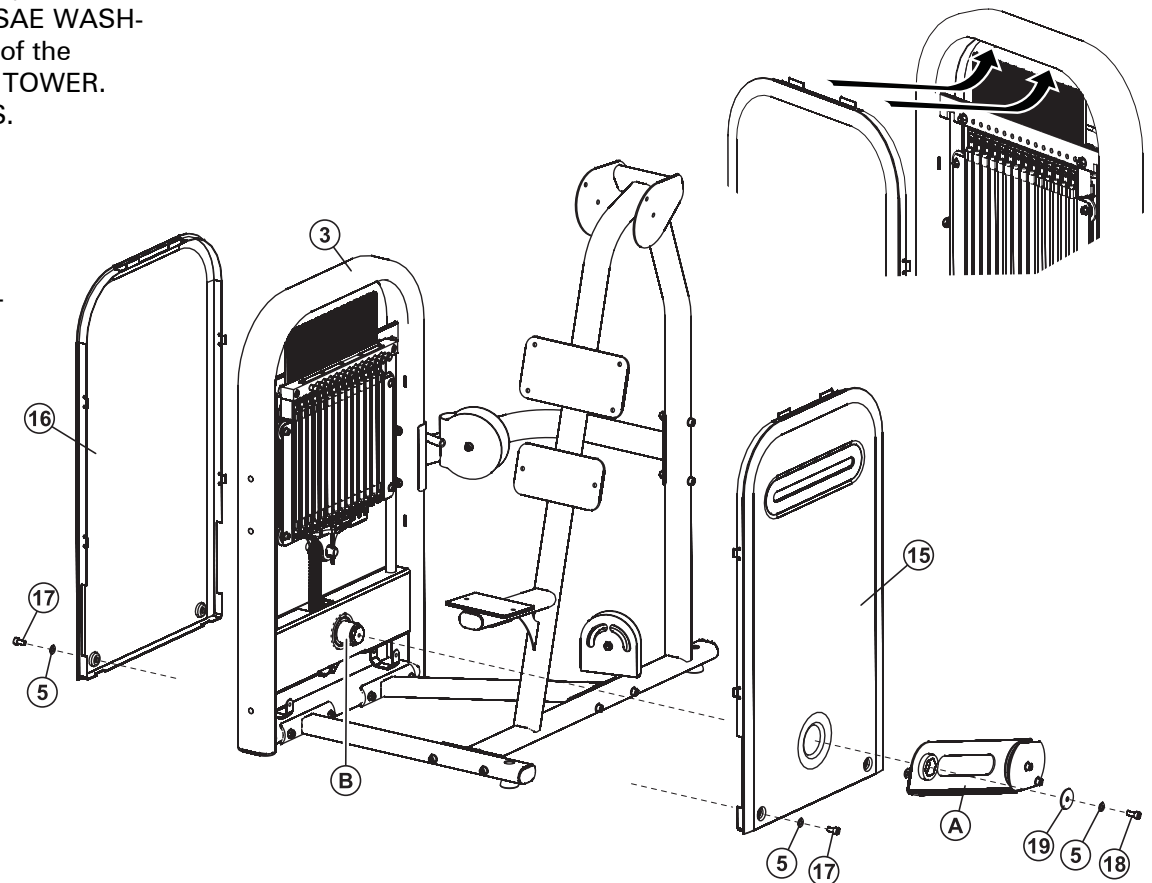


5. Assemble the PULLEY (11), OUTPUT CAM (12) and OUTPUT PLATE (13) using two M10 X 50mm BOLTS (14), four 3/8" SAE WASHERS (5) and two M10 NYLOCK NUTS (6) as shown. Tighten the BOLTS and NUTS securely.



6. Assemble the FRONT SHROUD (15) and REAR SHROUD (16) to the TOWER (3) using four M10 X 20mm BOLTS (17), four 3/8" SAE WASHERS (5) as shown. Be sure all tabs along the sides and top of the SHROUDS are fully engaged in the slots located inside the TOWER. Tighten the BOLTS securely. Do not overtighten the BOLTS.
7. Secure the OUTPUT CAM ASSEMBLY (A) to the TOWER AXLE (B) using one M10 X 25mm BOLTS (18), one 3/8" SAE WASHERS (5) and one PLATE (19) as shown. Tighten the BOLT securely.

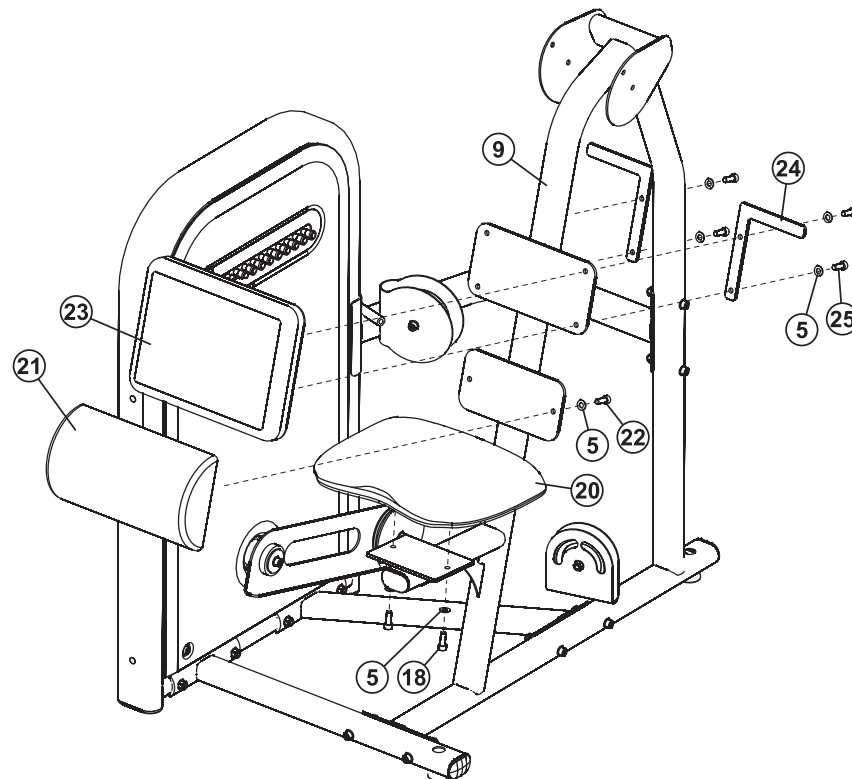
IMPORTANT: Be sure the OUTPUT CAM ASSEMBLY is oriented as shown before securing it to the TOWER AXLE.



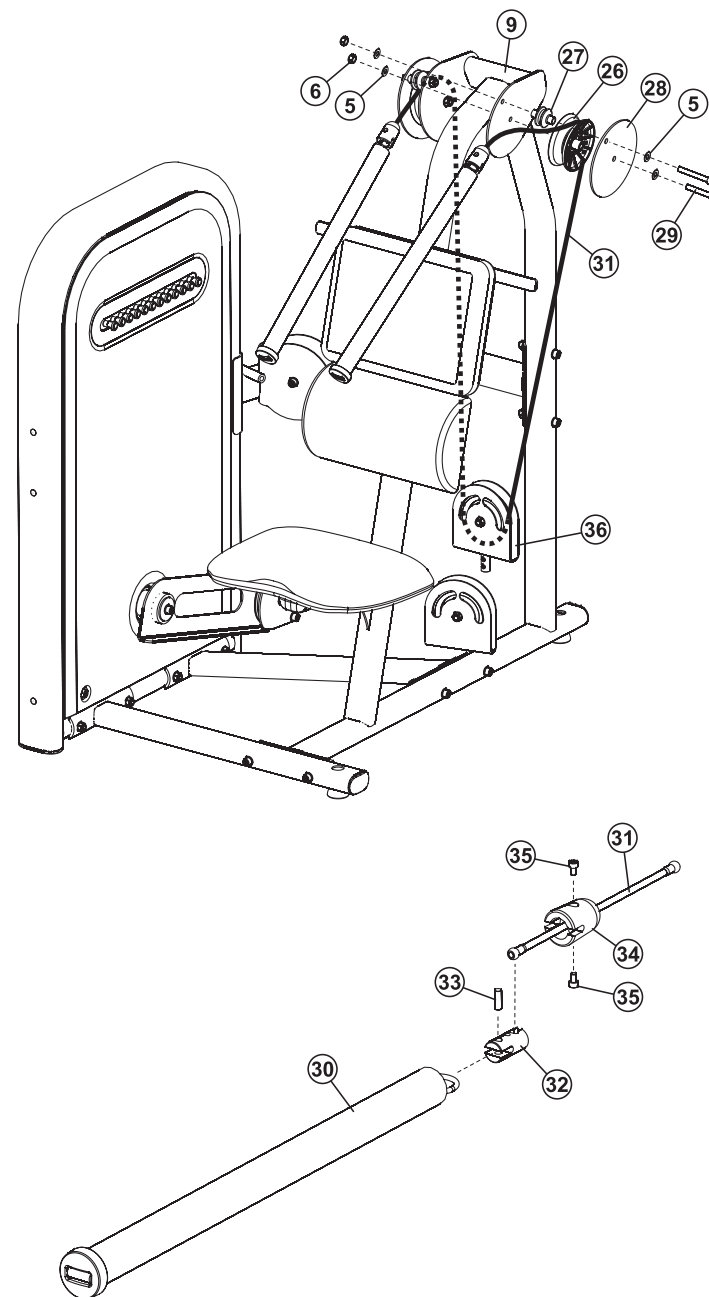
Ab Crunch

Assembly Instructions

8. Attach the SEAT PAD (20) to the SEAT FRAME (9) using two M10 X 25mm BOLTS (18) and two 3/8" SAE WASHERS (5). Tighten the BOLTS securely.
9. Attach the LUMBAR PAD (21) to the SEAT FRAME (9) using two M10 X 35mm BOLTS (22) and two 3/8" SAE WASHERS (5). Tighten the BOLTS securely.
10. Attach the BACK PAD (23) and STRAP CATCHES (24) to the SEAT FRAME (9) using four M10 X 40mm BOLTS (25) and four 3/8" SAE WASHERS (5) as shown. Tighten the BOLTS securely.



11. Assemble one V-GROOVE PULLEY (26), CABLE BALL STOP (27) and PULLEY PLATE (28) to the SEAT FRAME (9) using two M10 X 75mm BOLTS (29), four 3/8" SAE WASHERS (5) and two M10 NYLOCK NUTS (6) as shown. Repeat for the other side. Tighten the BOLTS and NUTS securely.
12. Assemble one HANDLE (30) to the HANDLE CABLE (31) using ONE CABLE END LINK (32), one DOWEL PIN (33), one CABLE END HOUSING (34) and two SET SCREWS (35) as shown. Tighten the SET SCREWS securely.
13. Route the ball end of the HANDLE CABLE (31) under one CABLE BALL STOP (27) and over the corresponding V-GROOVE PULLEY (26). Continue routing the HANDLE CABLE through the PULLEY BRACKET (36), upward and over the remaining V-GROOVE PULLEY (26) and under the corresponding CABLE BALL STOP (27).
14. Assemble the remaining HANDLE (30) as described in STEP 12.



Ab Crunch

Assembly Instructions

NOTE: Certain components have been removed from the illustration for clarity.

15. Assemble one M10 HEX JAM NUT (38) onto one end of the CABLE (37) approximately 1/2". Assemble the ROD END BEARING (39) to the same end of the CABLE until it meets the M10 HEX JAM NUT. Tighten the M10 HEX JAM NUT securely.
16. Loosely assemble the ROD END BEARING (39) of the CABLE (37) to the TOP BRACE (7) using one M10 X 35mm BOLT (22) and one SPACER (40).
17. Route the OUTPUT CABLE (37) around the pulleys of the OUTPUT CAM ASSEMBLY (A), TOP BRACE (7) and SEAT FRAME (9) as shown. Insert the ball end of the OUTPUT CABLE into the bottom position of the PULLEY BRACKET (36).

Adjust the OUTPUT CABLE at the ROD END BEARING (39) end until the OUTPUT CAM ASSEMBLY (A) begins to move and the push pins still move in and out freely. Be sure to tighten the M10 JAM NUT (38).

Tighten the M10 X 35mm BOLT (22) at the rod end of the OUTPUT CABLE.

18. Place the unit in the inteded place for use and check stability. If the unit is not stable, the FEET (C) can be adjusted by inserting or removing supplied SHIMS (41).

To add or remove SHIMS, loosen the LEVELING FOOT BOLT (D) and NUT (6) until the desired shim(s) can be inserted or removed. Lightly tighten the BOLT and NUT. Do not overtighten the BOLT.

19. Install HOLE PLUGS in all open bolt holes.

